



# **PACER 3503**

**F O L D A B L E   T R E A D M I L L**

## **INSTRUCTION** **MANUAL**



08 / 2003 TWN

Product may vary slightly from the item pictured.

**COMPLIES WITH EUROPEAN STANDARD EN957 PT 1+6 CLASS H C**

# **PACER 3503 TREADMILL**

## **SAFETY GUIDELINES:**

Please read and follow the safety guidelines:

Before beginning any exercise program, you should consult with your doctor.

It is recommended that you undergo a complete physical examination.

Read this owner's manual and follow the instructions.

- Assemble and operate the PACER 3503 on a solid, level surface.
- Keep the area behind the PACER 3503 clear.
- Always allow a clear space measuring 1m wide and 2m long immediately behind the PACER 3503.
- The treadmill will not operate without the safety key.
- Never allow children on or near the treadmill.
- The treadmill running mat will not stop immediately if any object becomes caught in the mat or rollers - **IN EMERGENCY: Pull the safety key cord to remove safety key.**
- Always check the treadmill before using it.
- Make sure all parts are assembled, and nuts and bolts are tight.
- Do not use the treadmill if the unit is disassembled in any way.
- Keep hands away from moving parts.
- The weight limit for this treadmill is 250 lbs (115 kgs).
- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Don't rock the unit from side to side.
- Care should be taken when mounting and dismounting the unit.
- Do not place any liquids on any part of the treadmill.
- To prevent shock, keep all electrical components, such as the motor, cable and switch away from water.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level, do **NOT** work to exhaustion.
- If you feel any pain or abnormal symptom, **STOP YOUR WORKOUT IMMEDIATELY.** Consult your physician immediately.
- Turn off the treadmill while adjusting or working near the rear roller.
- **TAKE CARE TO PROTECT CARPETS AND FLOOR** in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.

**WARNING - This appliance must be EARTHED.---IMPORTANT**

The PACER 3503 is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have a safe and pleasurable exercise regimen with the PACER 3503.

**TOOLS REQUIRED** - The tool enclosed in the carton is one allen key.

**SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.**

### **U.K.**



HELP LINE (8:30am- 4:30pm)

**YORK BARBELL (U.K.) LTD.**

CHURCHILL WAY, DAVENTRY,  
NORTHANTS, NN11 4YB ENGLAND

TEL: (01327) 701-824

FAX: (01327) 706-704

E-MAIL: helpdesk@yorkfitness.co.uk

### **AUSTRALIA**



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MINTO, N.S.W. 2566 AUSTRALIA

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PO BOX 33-973 TAKAPUNA,  
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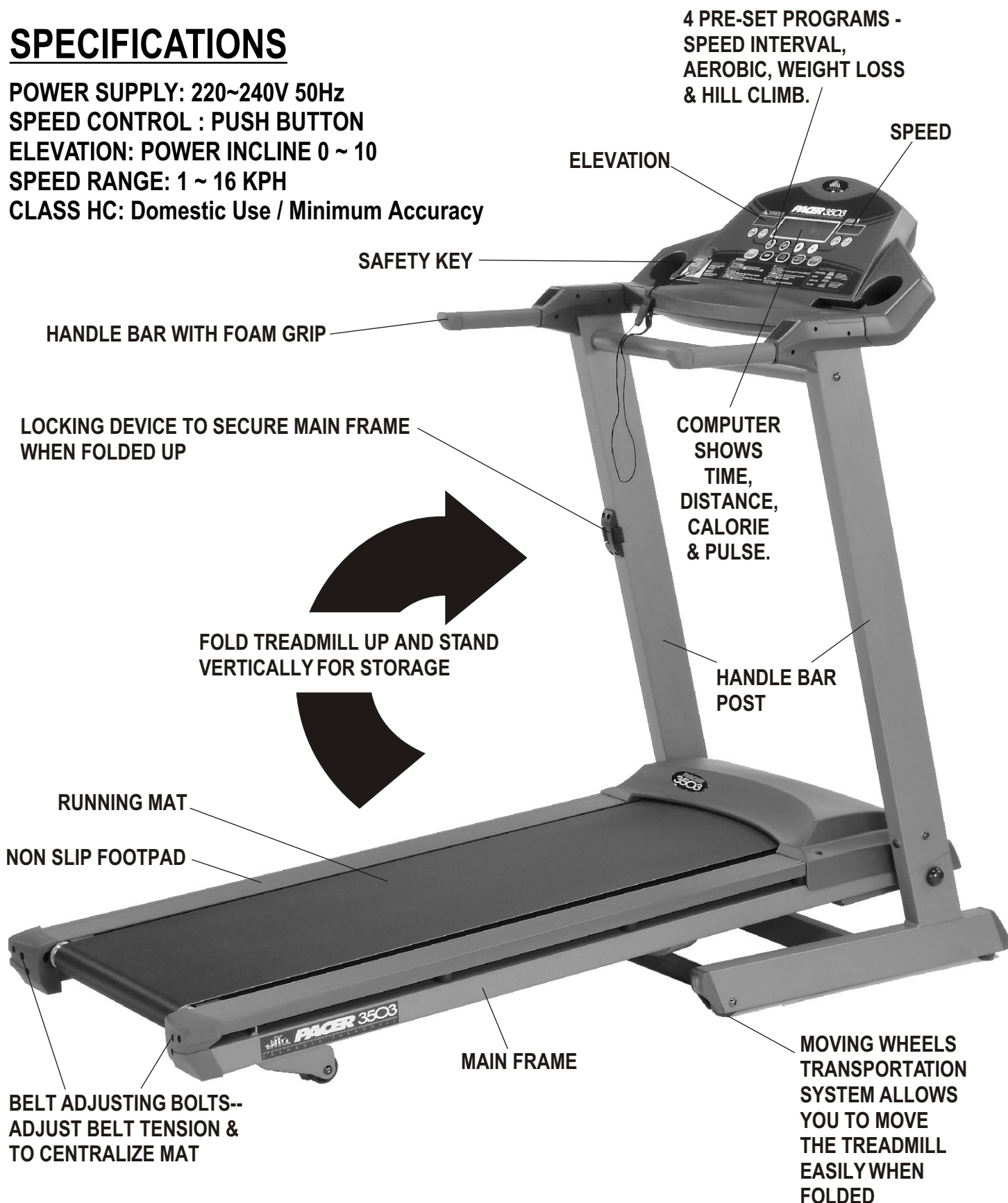
E-MAIL: luanam@bernsport.co.nz

# INTRODUCTION

The PACER 3503 TREADMILL has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding of the benefits of exercising by carefully reading the instructions given in this manual. Please familiarize yourself with the maintenance advice provided for you.

## SPECIFICATIONS

POWER SUPPLY: 220~240V 50Hz  
SPEED CONTROL : PUSH BUTTON  
ELEVATION: POWER INCLINE 0 ~ 10  
SPEED RANGE: 1 ~ 16 KPH  
CLASS HC: Domestic Use / Minimum Accuracy



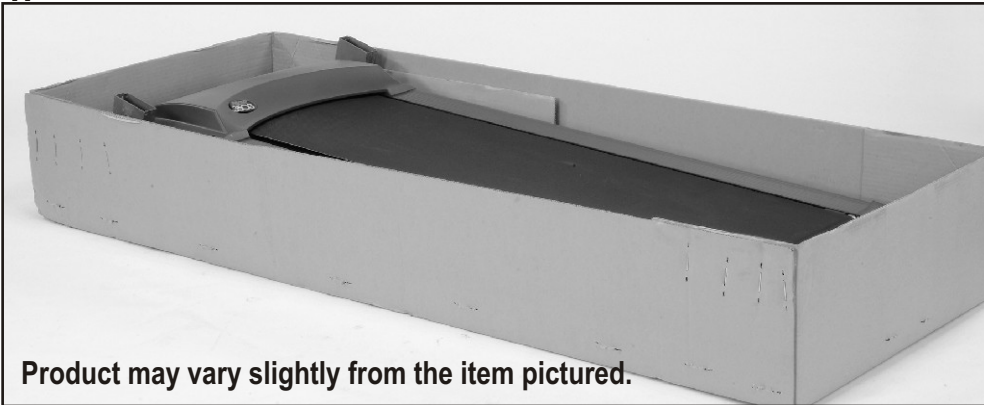
**\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \***

## GENERAL

**WE RECOMMEND YOU HAVE SOMEONE ASSIST YOU IN LIFTING AND ASSEMBLING YOUR PACER 3503 TREADMILL.  
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR PACER 3503 TREADMILL.**

## ASSEMBLY INSTRUCTIONS

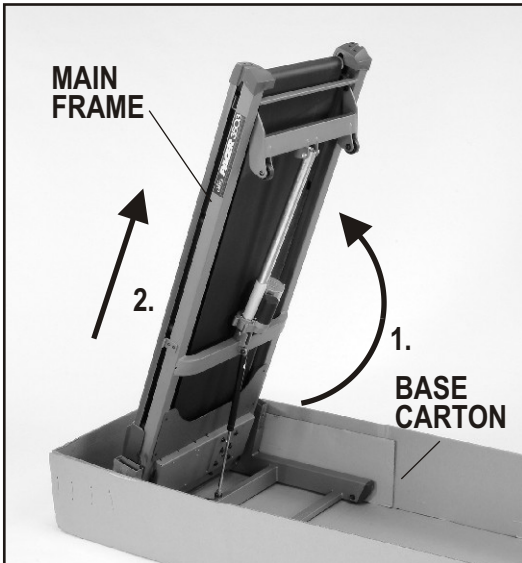
1.



Product may vary slightly from the item pictured.

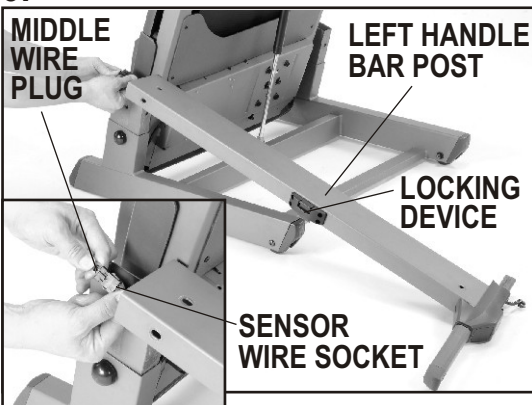
- Ask someone to help you remove all the parts and packaging materials on the top of your PACER 3503 from the carton and place them on the floor carefully.

2.



- Fold the main frame up and stand it in the base carton as shown.
- Ask someone to help you hold the treadmill on each side and lift it out from the base carton carefully.

3.



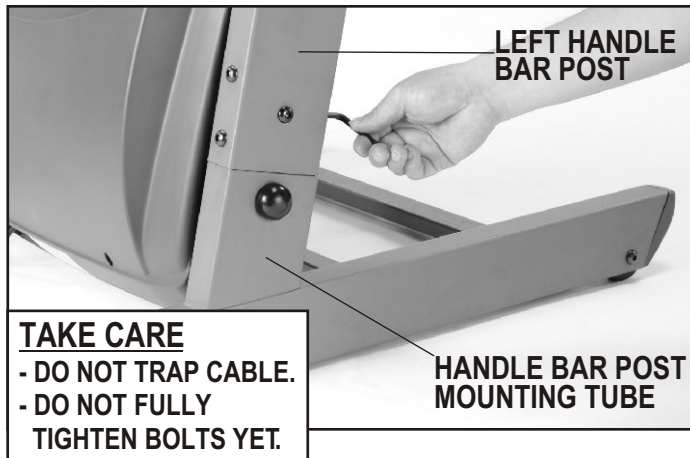
- Rest the left handle bar post, with the locking device fitted, beside the main frame and close to the handle bar mounting tube carefully as shown.
- Connect the sensor wire socket to the middle wire plug protruding at the base of the left handle bar post.

**NOTE: TAKE CARE** to ensure the wires are connected as tightly as possible.



**NOTE: DO NOT FULLY TIGHTEN THE BOLTS UNTIL YOU HAVE COMPLETED THE ASSEMBLY.**

4.



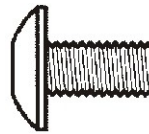
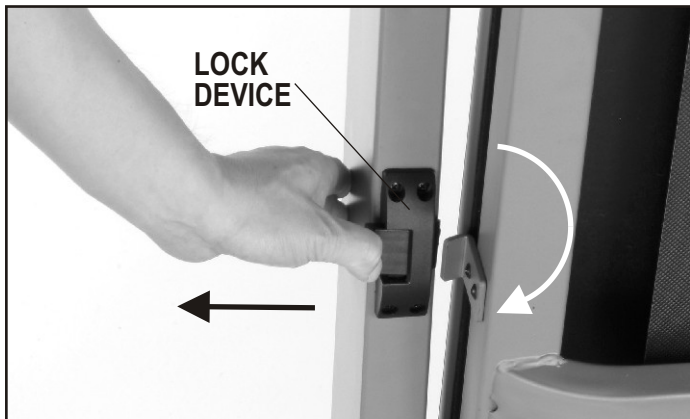
- Insert the left handle bar post into the handle bar post mounting tube and secure, using four allen head bolts and star washers.

**NOTE:** TAKE CARE to ensure the wire does not get trapped when you attach the left handle bar post.

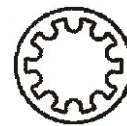
Do not **fully** tighten the bolts until the handle bar post, front handle bar and computer console have all been secured.

- Insert the right handle bar post into the handle bar post mounting tube and secure, using four allen head bolts and star washers.

5.



#5532-74

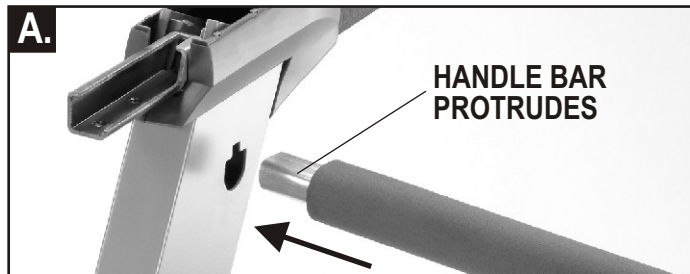


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X8

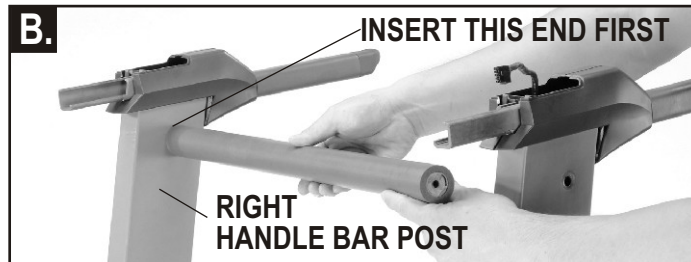
- Release the lock handle fitted on the left handle bar post with your left hand and fold down the main frame to the floor gently with your right hand.

6.



- Insert the handle bar into the handle bar post as shown.

**NOTE:** One end of the handle bar protrudes from the end of the foam grip, this end must be inserted into the hole on the right handle bar post first.



- Secure the handle bar to the left handle bar post by using, one long allen head bolt and star washer.

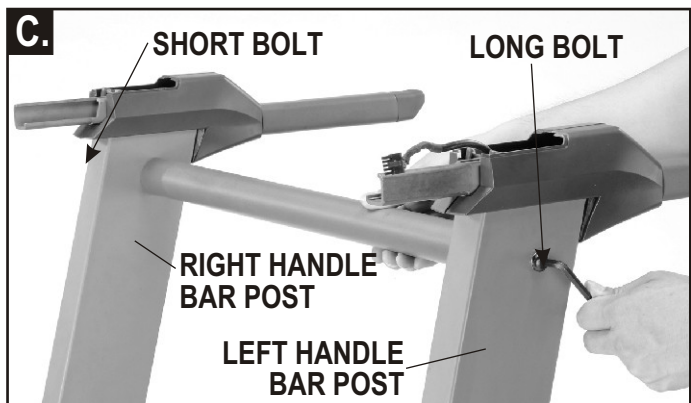


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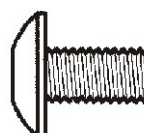


#55323-09

X1



- Secure the handle bar to the right handle bar post by using, one short allen head bolt and star washer.



#5532-74

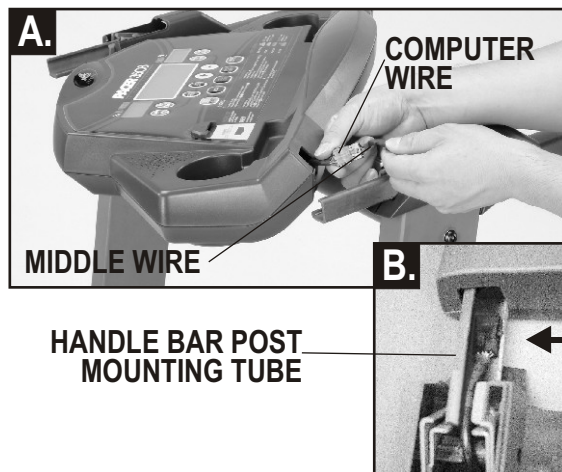


#5532-09

X1

\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \*

7.

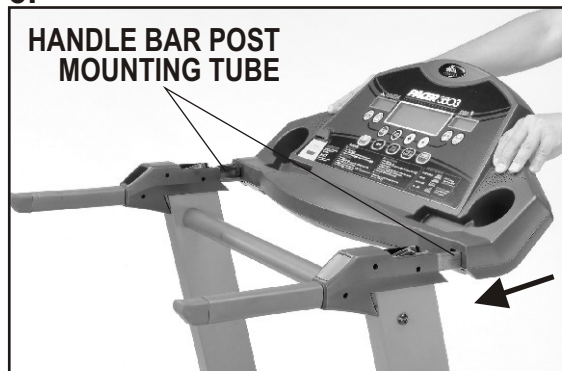


- Rest the computer console on the front handle bar and connect the computer wire plug to the middle wire socket protruding at the top of the left handle bar post securely.

**NOTE:** TAKE CARE to ensure the wires are connected as tightly as possible.

**MAKE SURE** you fit the connected wire inside of the handle bar post mounting tube properly before attaching the computer console as shown.

8.

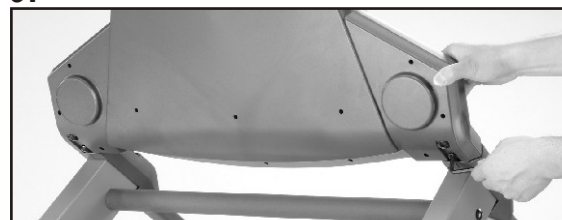


- Attach the computer console fully onto the handle bar post mounting tubes carefully as shown.
- Push the extra length of wire down into the handle bar posts gently while attaching the console.

**NOTE:** TAKE CARE to ensure the wire does not get trapped when you attach the computer console.

If the console will not align and fit easily, loosen all the bolts fitted so far - and try again.

9.



- Secure the computer console to the handle bar post mounting tubes by using, four allen head bolts and star washers.



X4

10.



- Attach the handle bar post top covers onto the handle bar post properly as shown.

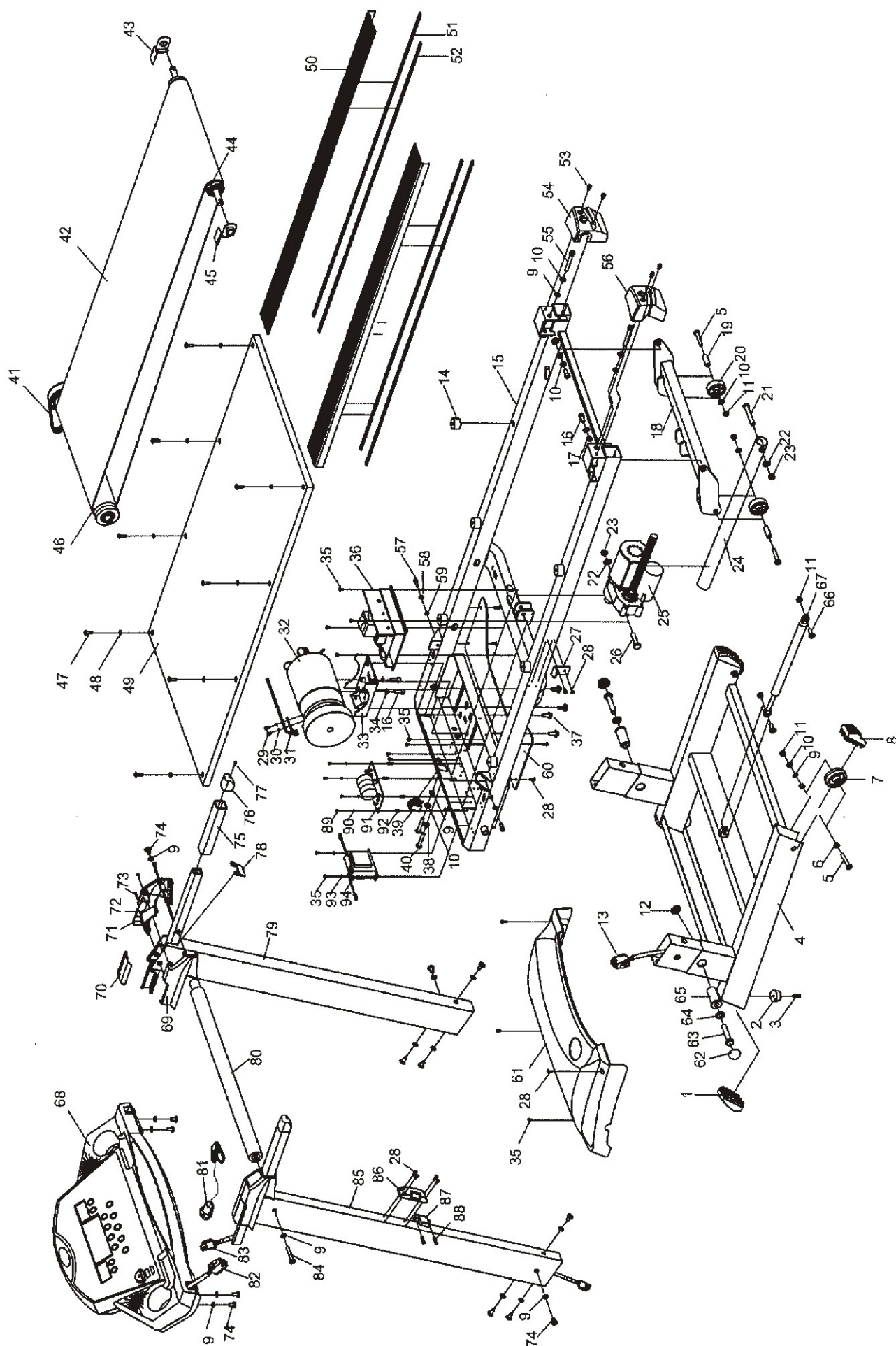
- **NOW** tighten all the bolts you have fitted.

## **RECHECK**

- Recheck that all of the bolts are tightened securely for your safety and comfort.
- Plug the power cable into a suitable AC outlet (220~240 Volt 50Hz).
- Before you use the treadmill for the first time turn on the power switch and connect the magnetic safety key.  
Allow the treadmill to run for 10 minutes or so without anyone using it.
- Check that the mat is tightened properly and runs smoothly.

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# DESCRIPTION





# PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5532-01	2	BASE FRAME END CAP
2	5532-02	2	PVC FOOT STOP
3	5532-03	2	M6 X 25mm MACHINE SCREW
4	5532-04	1	BASE FRAME - WELDED
5	5532-05	4	M8 X 50mm ALLEN HEAD BOLT
6	5532-06	4	MOVING WHEEL SLEEVE
7	5532-07	2	BASE FRAME MOVING WHEEL
8	5532-08	2	MOVING WHEEL END CAP
9	5532-09	19	M8 X 0.8mm STAR WASHER
10	5532-10	9	M8 X 1.6mm FLAT WASHER
11	5532-11	6	M8 X 7.8mm NYLON LOCKNUT
12	5532-12	9	STRAIN RELIEF BUSHING ( SB5F-3 )
13	5532-13	1	CONTROL BOARD SIGNAL CABLE / 10P, 650mm LONG
14	5532-14	6	RUNNING DECK CUSHION
15	5532-15	1	MAIN FRAME
16	5532-16	4	M8 X 20mm HEX HEAD BOLT
17	5532-17	2	REAR INCLINE METAL SLEEVE
18	5532-18	1	REAR INCLINE SUPPORT
19	5532-19	2	MOVING WHEEL SLEEVE
20	5532-20	2	REAR INCLINE MOVING WHEEL
21	5532-21	1	REAR INCLINE FIXING SCREW
22	5532-22	2	M10 X 2.0mm FLAT WASHER
23	5532-23	2	M10 X 9.5mm NYLON LOCKNUT
24	5532-24	1	INCLINE LINKAGE TUBE
25	5532-25	1	REAR INCLINE MOTOR
26	5532-26	1	M10 X 45mm HEX HEAD BOLT
27	5532-27	1	LOCK PIN BRACKET
28	5532-28	12	M4 X 15mm MACHINE SCREW
29	5532-29	2	M5 X 10mm MACHINE SCREW
30	5532-30	2	M5 X 1.3mm SPRING WASHER
31	5532-31	1	SPEED SENSOR W/ CABLE
32	5532-32	1	D.C. MOTOR / 2.0 HP
33	5532-33	1	MOTOR FIXING BRACKET
34	5532-34	2	M8 X 1.5mm SPRING WASHER
35	5532-35	13	M4 X 8mm MACHINE SCREW
36	5532-36	1	CONTROL BOARD
37	5532-37	4	M8 X 20mm FRINGE HEX HEAD BOLT
38	5532-38	1	M8 X 6.5mm HEX HEAD BOLT
39	5532-39	1	ON / OFF POWER SWITCH
40	5532-40	2	M8 X 50mm HEX HEAD BOLT
41	5532-41	1	DRIVE BELT - RIBBED
42	5532-42	1	RUNNING MAT
43	5532-43	1	REAR ROLLER GUARD ( R )
44	5532-44	1	REAR ROLLER ASSEMBLY
45	5532-45	1	REAR ROLLER GUARD ( L )
46	5532-46	1	FRONT ROLLER ASSEMBLY
47	5532-47	8	M6 X 20mm ALLEN HEAD BOLT



KEY NO.	PART NO.	Q'TY (PCS)	DESCRIPTION
48	5532-48	8	M6 X 1.6mm FLAT WASHER
49	5532-49	1	RUNNING DECK
50	5532-50	2	SIDE PLATFORM
51	5532-51	2	DOUBLE-SIDE RUBBER SPONGE ( LONG )
52	5532-52	2	DOUBLE-SIDE RUBBER SPONGE ( SHORT )
53	5532-53	4	M6 X 10mm HEX HEAD BOLT
54	5532-54	1	REAR END CAP ( R )
55	5532-55	2	M8 X 65mm SOCKET HEAD BOLT
56	5532-56	1	REAR END CAP ( L )
57	5532-57	2	M6 X 20mm ALLEN HEAD BOLT
58	5532-58	2	M6 X 1.5mm SPRING WASHER
59	5532-59	2	M6 X 0.6mm STAR WASHER
60	5532-60	1	BOTTOM COVER
61	5532-61	1	MOTOR COVER
62	5532-62	2	FIXING BOLT END CAP
63	5532-63	2	M12 X 60mm HEX HEAD BOLT
64	5532-64	2	M12 X 2.3mm FLAT WASHER
65	5532-65	2	METAL SLEEVE
66	5532-66	2	M8 X 25mm ALLEN HEAD BOLT
67	5532-67	1	GAS CYLINDER
68	5532-68	1	COMPUTER CONSOLE
69	5532-69	2	HANDLE BAR SIDE COVER ( L )
70	5532-70	2	HANDLE BAR TOP COVER
71	5532-71	2	HANDLE BAR SIDE COVER ( R )
72	5532-72	2	HANDLE BAR COVER PANEL
73	5532-73	6	M3 X 15mm PHILLIPS HEAD SCREW
74	5532-74	13	M8 X 15mm ALLEN HEAD BOLT
75	5532-75	2	HANDLE BAR FOAM GRIP
76	5532-76	2	HANDLE BAR END CAP
77	5532-77	2	M3 X 10mm PHILLIPS HEAD SCREW
78	5532-78	2	HANDLE BAR COVER INSERT
79	5532-79	1	HANDLE BAR POST ( R )
80	5532-80	1	FRONT HANDLE BAR
81	5532-81	1	SAFETY KEY
82	5532-82	1	COMPUTER CABLE / 10P, 400mm LONG
83	5532-83	1	MIDDLE CABLE / 10P, 1100mm LONG
84	5532-84	1	M8 X 55mm ALLEN HEAD BOLT
85	5532-85	1	HANDLE BAR POST ( L )
86	5532-86	1	LOCKING DEVICE
87	5532-87	1	RELEASE LEVER
88	5532-88	2	LOCK PIN SPRING
89	5532-89	4	M3 X 6mm PHILLIPS HEAD SCREW
90	5532-90	4	M3 X 0.8mm SPRING WASHER
91	5532-91	1	EMI FILTER
92	5532-92	4	CU SCREW SLEEVE
93	5532-93	2	M4 X 0.4mm STAR WASHER
94	5532-94	1	CHOKE

# **OPERATING INSTRUCTIONS**

The following procedure has been proven to be the safest and easiest method of mounting the treadmill.

For your protection, carefully read and follow these simple steps:

1. Be sure the treadmill is positioned on a flat, level surface.
2. Make sure the magnetic safety key is not attached then plug in the treadmill power cable to a suitable power socket and switch on at the socket.
3. Turn on treadmill power switch, which is located near where the power cable attaches to the treadmill.
4. Straddle the running mat with your feet firmly planted on the right and left foot pads.  
Stand close enough so you can extend your arms to touch all the buttons on the console.

**CAUTION:** Do not stand on the mat yet.

5. Insert the safety key.
6. Follow the instructions written on bottom of computer console” **TO OPERATE** “

## **STARTING YOUR EXERCISE**

Stand on the running mat.

Once you have selected your workout, the treadmill will slowly increase it's speed to the desired levels.

Continue to grip the handles until you are walking / running normally.

After gaining stability and confidence, release your grip on the handrails and let your arms swing freely and naturally at your side.

**NOTE:** Walking straight on the treadmill is aided by focussing on a stationary object across the room in front of you.

Walk as if you were approaching that object.

## **IN AN EMERGENCY**


In an emergency take hold of the handrails and place your feet on the side rails provided, once you are stable, pull out the safety key. The treadmill will then begin to decelerate until it stops.

**\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \***

## **HOW TO GET OFF THE TREADMILL**

The following procedure has been proven to be the safest and easiest method of dismounting the treadmill.

For your protection, carefully read and follow these simple steps.

1. Turn treadmill to low speed.
2. Firmly grip the handles to support yourself.
3. Remove your trailing foot from the running mat and place it on the foot pad on the side of the treadmill.  
This is very easy to do because the natural movement of walking will have shifted your weight onto the foot that just stepped forward.
4. Shift your weight to the stationary foot on the foot pad, and remove the other foot from the running mat and place it on the other foot pad.  
You should now be in the starting position.
5. Press STOP  key to stop the treadmill and disconnect the safety key.  
Unplug the treadmill from the main power outlet when finished.

## **IN AN EMERGENCY**

In an emergency take hold of the handrails and place your feet on the foot pads provided, once you are stable, pull out the safety key. The treadmill will then begin to decelerate until it stops.

## **CARE AND MAINTENANCE**

- Use a warm damp cloth with mild detergent to keep your PACER 3503 treadmill clean.  
Do not clean between the mat and running board---The silicone lubricant is needed for smooth movement of the mat.
- Check parts for wear before use.
- If in doubt do not use the treadmill and contact our helpline.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.
- **TAKE CARE TO PROTECT CARPETS AND FLOOR** in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.

**SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT  
PLEASE CONTACT YORK DIRECTLY.**

<b>U.K.</b>	<b>AUSTRALIA</b>	<b>N.Z.</b>
 <b>FITNESS</b> HELP LINE (8:30am- 4:30pm) <b>YORK BARBELL (U.K.) LTD.</b> CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	 <b>FITNESS</b> HELP LINE (8:00am- 4:00pm) <b>YORK BARBELL (AUST.) LTD.</b> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: heatheryork@ozemail.com.au	 <b>FITNESS</b> HELP LINE (8:30am- 4:30pm) <b>BERNSPORT (1995) LTD.</b> PO BOX 33-973 TAKAPUNA, AUCKLAND NEW ZEALAND. TEL: +64-9-488-4750 FAX: +64-9-488-4759 E-MAIL: luanam@bernsport.co.nz

# **HOW TO ADJUST THE BELT ALIGNMENT AND TENSION**

The alignment and tension of the running mat ( walking surface ) has been set up prior to shipping. Should improper tracking of the mat occur ( ie. The walking surface moves too far to the right or the left ), or if you find that the mat slips when you get on, these problems can be corrected.

**TEST:** Allow the mat to turn for several revolutions and watch to see if the mat runs in the central position. If the mat moves to the left or the right, then follow the instructions below to correct this.

Locate the adjustment screws on the end of the main frame.



**NOTE:** Adjust by  $\frac{1}{2}$  a turn only to avoid over correcting.

**CAUTION:** Only adjust the mat when the treadmill is running at a low speed.  
Keep others away from the treadmill.

Connect the safety key and set to a low speed.

## **MAT MOVES TO RIGHT**

If your mat tends to move to the right, then adjust the RIGHT screw by turning it  $\frac{1}{2}$  a turn clockwise.

We recommend adjustments of  $\frac{1}{2}$  a turn only at a time, then test ( as above ) each time.

If your mat continues to move to the right, then adjust the LEFT adjustment screw, by turning  $\frac{1}{2}$  a turn counter clockwise. TEST after each adjustment.

## **MAT MOVES TO LEFT**

If your mat tends to move to the LEFT, then adjust the RIGHT screw by turning it  $\frac{1}{2}$  a turn counter clockwise.

We recommend adjustments of  $\frac{1}{2}$  a turn only at a time, then test ( as above ) each time.

If the mat continues to move to the left, then adjust the LEFT adjustment screw, by turning it  $\frac{1}{2}$  a turn clockwise. TEST after each adjustment.



**NOTE:** For most people, one leg is stronger than the other, the running mat may tend to move to that side because of the extra pressure exerted by the stronger leg. If this occurs then either dismount the treadmill and allow the mat to track back to the middle, or exert pressure to the side of the mat with the other leg, to track the mat back to the middle. Or adjust the mat to compensate following the instructions for mat moves right or left.

## **MAT TOO LOOSE**

If your mat appears to be loose, simply tighten both screws by an equal amount of  $\frac{1}{2}$  a turn clockwise at a time, then test.

## **MAT TOO TIGHT**

If it appears tight, simply loosen both screws by an equal amount of  $\frac{1}{2}$  a turn anti-clockwise at a time, then test.

## **MAT STICKY (DOES NOT RUN SMOOTHLY)**

You may feel after a period of time (depending on how often you use the machine) that the mat feels sticky .

We recommend you apply a light covering of Silicone between the mat and the running board. This procedure may be repeated as necessary.

## **WALKING MAT AND DECK LUBRICATION**

This treadmill is equipped with a pre-lubricated, maintenance deck system. The mat/deck friction may play a major role in the function and life of your treadmill, this requires periodic lubrication. We recommend a periodic inspection of the deck. If the deck appears worn, please contact our service department.

We recommend lubrication of the deck according to the following timetable:

Light use ( less than 3 hours per week ) every 8 months

Medium use ( 3-5 hours per week ) every 4 months

Heavy use ( more than 5 hours per week ) 2 months

## **HOW TO CHECK THE RUNNING MAT FOR PROPER LUBRICATION**

- Disconnect the main power supply.
- Fold the treadmill up into the storage position.
- Feel the white back surface of the running mat.

If the surface is ( slick ) to the touch, then no further lubrication is required.

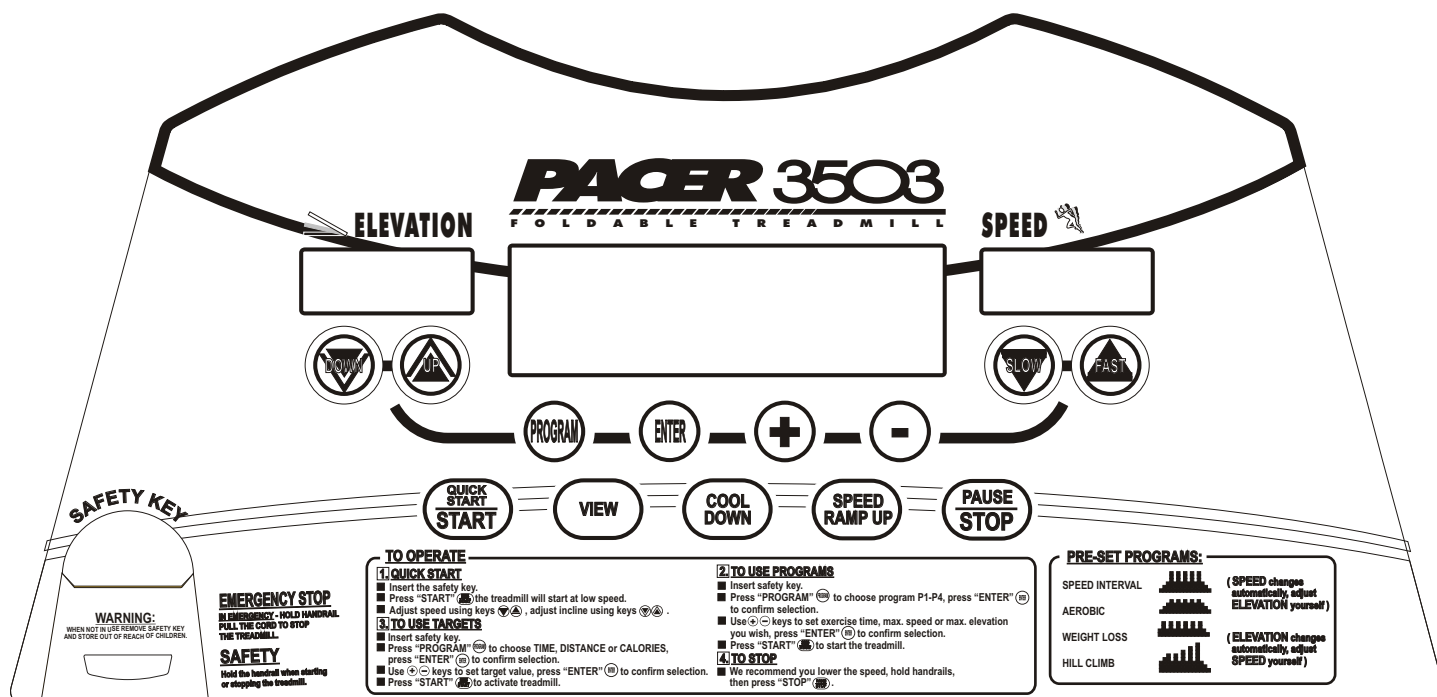
If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend that you use the following:

**Lube-N-Walk Treadmill Lubrication Kit ( CODE: 5520 )** comes complete with instructions, Available from your local Sports Retailer or contact YORK for your closest dealer.




# COMPUTER INSTRUCTIONS

Your computer is ideal for monitoring your performance and setting yourself targets. You can monitor closely your improving condition and cardiovascular fitness.



## KEYS

- 1. Key:** Adjusts the elevation up and down from "0~10".
- 2. Key:** To select your desired preset programs—  
P1 = SPEED INTERVAL      P2 = AEROBIC      P3 = WEIGHT LOSS  
P4 = HILL CLIMB      P5 = TARGET BY TIME  
P6 = TARGET BY DISTANCE      P7 = TARGET BY CALORIE
- 3. Key:** To enter the target value you have chosen to input ie, PROGRAM, TIME, SPEED, ELEVATION, DISTANCE, CALORIES.
- 4. Key:** To set up the target values of TIME, SPEED, ELEVATION, DISTANCE and CALORIES.
- 5. Key:** QUICK START - Manual workout.  
START - To activate the treadmill.
- 6. Key:** Adjusts the speed fast and slow from 1.0~16 KPH.
- 7. Key:** Scans or displays time, distance, calories, pulse.

8.  **Key:** Interrupts the current workout and go directly into a four minute cool down routine.
9.  **Key:** Increases the speed in increments of 4 KPH.
10.  **Key:** Slows the running mat to a complete stop.

## USING THE MAGNETIC SAFETY KEY

**IMPORTANT:** The treadmill will not work if the magnetic safety key is not in place.

Before starting the treadmill, attach the key to the computer, then attach the clip on the other end to your clothing (above the waist). If this key is pulled out whilst you are running on the treadmill then the mat will stop turning.

When the treadmill is not in use you should remove the safety key and store it somewhere safe, away from the treadmill. This will prevent any unauthorised use of the treadmill. Store the safety key in a safe place **OUT OF REACH OF CHILDREN.**

## WORKOUT PROGRAMS

### QUICK START

The default settings are 0% elevation and a speed of 1 Km/H. You may adjust the speed or elevation any time during the workout.

1. Turn the power “ON”.
2. Check the safety key and clip - Ensure the clip is secured to your clothing.
3. Press START for Quick Start and begin your workout.

## **SPEED PROGRAMS: Speed Interval & Aerobic**

During speed programs, only the speed will automatically adjust according to the pre-set profile. If you wish to adjust the elevation, you may do so at any time during the workout. However, you will not be able to adjust the speed during the speed program.

### **SPEED INTERVAL**

1. Turn the power “ON”.
2. Check the safety key - Ensure the clip is secured to your clothing.
3. Press **PROGRAM** to select **SPEED INTERVAL**.
4. The display will show a workout profile of the program selected.
5. Press **ENTER** to confirm.
6. Use the **⊕** **⊖** keys to enter a workout time.
7. Press **ENTER** to confirm.
8. Use the **⊕** **⊖** keys to set a maximum speed.

**NOTE:** All speeds will be scaled down accordingly for the entire program.

9. Press **ENTER** to confirm.
10. Press **START** to begin your workout.

### **AEROBIC**

1. Turn the power “ON”.
2. Check the safety key - Ensure the clip is secured to your clothing.
3. Press **PROGRAM** to select **AEROBIC**.
4. The display will show a workout profile of the program selected.
5. Press **ENTER** to confirm.
6. Use the **⊕** **⊖** keys to enter a workout time.
7. Press **ENTER** to confirm.
8. Use the **⊕** **⊖** keys to set a maximum speed.

**NOTE:** All speeds will be scaled down accordingly for the entire program.

9. Press **ENTER** to confirm.
10. Press **START** to begin your workout.



## **ELEVATION PROGRAMS: Weight Loss & Hill Climb**

During elevation programs, only the elevation will automatically adjust according to the pre-set profile. If you wish to adjust the speed, you may do so at any time during the workout. However, you will not be able to adjust the elevation during the elevation program.

### **WEIGHT LOSS**

1. Turn the power “ON”.
2. Check the safety key - Ensure the clip is secured to your clothing.
3. Press **PROGRAM** to select **WEIGHT LOSS**.
4. The display will show a workout profile of the program selected.
5. Press **ENTER** to confirm.
6. Use the **⊕** **⊖** keys to enter a workout time.
7. Press **ENTER** to confirm.
8. Use the **⊕** **⊖** keys to set a maximum elevation.  
**NOTE:** All elevations will be scaled down accordingly for the entire program.
9. Press **ENTER** to confirm.
10. Press **START** to begin your workout.

### **HILL CLIMB**

1. Turn the power “ON”.
2. Check the safety key - Ensure the clip is secured to your clothing.
3. Press **PROGRAM** to select **HILL CLIMB**.
4. The display will show a workout profile of the program selected.
5. Press **ENTER** to confirm.
6. Use the **⊕** **⊖** keys to enter a workout time.
7. Press **ENTER** to confirm.
8. Use the **⊕** **⊖** keys to set a maximum elevation.  
**NOTE:** All elevations will be scaled down accordingly for the entire program.
9. Press **ENTER** to confirm.
10. Press **START** to begin your workout.

## **TARGET SETTING PROGRAMS**

You may choose to workout by setting targets with TIME, DISTANCE or CALORIES. All workouts by target have default settings of 0% for elevation and 1 Km/H for speed. You may adjust the speed or elevation any time during the workout. During the workout, the display window will default to show the target counting down. Once you have reached your target, the workout will automatically stop.

### **TARGET BY TIME**

1. Turn the power “ON”.
2. Check the safety key and clip - Ensure the clip is secured to your clothing.
3. Press **PROGRAM** to select **TARGET BY TIME**.
4. The display will show the program selected.
5. Press **ENTER** to confirm.
6. Use the **⊕** **⊖** keys to enter a workout time.
7. Press **ENTER** to confirm.
8. Press **START** to begin the workout.

### **TARGET BY DISTANCE**

1. Turn the power “ON”.
2. Check the safety key and clip - Ensure the clip is secured to your clothing.
3. Press **PROGRAM** to select **TARGET BY DIST.**
4. The display will show the program selected.
5. Press **ENTER** to confirm.
6. Use the **⊕** **⊖** keys to enter a target distance.
7. Press **ENTER** to confirm.
8. Press **START** to begin the workout.

### **TARGET BY CALORIES**

1. Turn the power “ON”.
2. Check the safety key and clip - Ensure the clip is secured to your clothing.
3. Press **PROGRAM** to select **TARGET BY CALS.**
4. The display will show the program selected.
5. Press **ENTER** to confirm.
6. Use the **⊕** **⊖** keys to enter target calories.
7. Press **ENTER** to confirm.
8. Press **START** to begin the workout.

**\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \***

## **MONITOR POWER SUPPLY**

The training computer does not require any battery since it is supplied with power via the running treadmill.

## **PROTECTIVE CIRCUIT**

To protect your safety, this treadmill is designed and equipped with run away protection. If the admissible operating speed of the treadmill is exceeded or fallen below, the protective circuit will shut off the treadmill to protect you and the equipment. The treadmill will flicker all display values to alert the user to the condition. Reset the treadmill by turning the power switch on/off to return the treadmill back to the normal operating mode.

## **TROUBLE SHOOTING**

### **WHEN TO CALL FOR HELP**

This treadmill is designed with user safety as the number one priority. In the event of an electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

When you encounter unusual behaviour from the treadmill, simply turn the power switch off and on to reset the treadmill.

This should clear incidental errors and prepare the treadmill for normal operation again.

If, after you have reset the treadmill by turning the power switch off and on again, the treadmill is still not operational, then it is time to call the helpline.

### **NO SIGNAL ON THE CONSOLE LCD WINDOWS**

If there is no signal on the monitor, even after you have switched the treadmill off and on again to reset, check the communication cable between monitor and motor controller.

First, make sure the connections are good and that the cable is not pinched or damaged.

If defective, ask your dealer for a replacement cable.

### **Error 1: Speed sensor error**

Error 1 occurs when the console is not picking up the motor speed signal.

In other words, when the motor speed is not correctly fed back to the controller and console, the treadmill will shut off to protect the user and error 1 will be displayed on the console.

When trouble shooting this error, do not stand on the running mat.

When you report error 1 to the service center, make sure you note down the circumstantial details.

1. Is the motor operational? For example, if the motor is not working when you push the start button, error 1 displays immediately.  
Motor and running mat do not move.
2. If the treadmill was running, then it stopped and showed error 1, then the motor is operational.
3. If the motor is operational, did the treadmill stop at low speeds ( 1.0 - 1.5 KPH ) or high speeds ( 10 KPH - 12 KPH )

## **Error 2: Over speed error**

Error 2 occurs when the actual belt speed is faster than the speed displayed on the console. This is also called run away protection. If the controller is broken, and the motor is running out of control, it is dangerous to the user. So, this is a safety mechanism to shut off the treadmill immediately.

When trouble shooting this error, do not stand on the running mat.

If you see error 2 when you first turn on the power to the treadmill, before the motor has moved. One possibility for the error 2 occurring is because the mat had moved before the motor moved. This could have happened during handling of the treadmill. The controller thinks the motor moved even though it has not given power to the motor. The controller thinks something is wrong. Simply turn the power off and on again to reset.

If the user is pushing hard on the running mat to cause the mat to run faster than the displayed speed, error 2 will also occur. Simply turn the power off and on again to reset.

While the treadmill is running, it suddenly speeds up quickly and stops and displays error 2 on the console. This means the controller is damaged and the motor is running out of control. Call your dealer for service. Do not use the treadmill until it is repaired.

## **Error 3: Safety key error**

Error 3 occurs when the safety key is not in positive contact with the console. Check for positive contact of the safety key to the console.

## **Error 5: Incline motor error**

This error occurs when the incline motor is not functioning properly.

1. Incline motor is over - loaded or over - heated. Simply wait until the incline motor has returned to normal temperature, then try again.
2. Sensor connection cable has problem.
3. Sensor ( Potentiometer ) is defective or damaged.
4. Incline motor is damaged.

## **Error 11: Communication error**

This error occurs when the communication between the console and the controller is not functioning properly. Check the communication line connections first to make sure it is not loose or the cables are not pinched. If the communication cable is damaged, change it. Turn the power off and on again to reset the treadmill.

# **TROUBLE SHOOTING GUIDE**

<b>Problem</b>	<b>Potential Cause</b>	<b>Corrections</b>
Treadmill will not start	1. Not plugged in 2. Safety key not inserted 3. House circuit breaker tripped 4. Treadmill circuit breaker tripped  5. On/Off switch on "OFF"	1. Plug into grounded outlet. 2. Insert the safety key into the console. 3. Reset or replace fuse. 4. Reset the circuit breaker. If happens again, lubricate the deck to reduce friction between mat and deck. 5. Turn On/Off switch to "ON".
Running belt slips	1. Running mat not tight enough 2. Drive belt not tight enough	1. Adjust running mat tension. 2. Adjust drive belt tension.
Running belt hesitates when stepped on	1. Insufficient lubrication 2. Running mat too tight / too loose	1. Apply silicone lubricant. 2. Adjust running mat tension.
Running belt is off center	Running mat tension uneven across the rear roller	Center the running mat.

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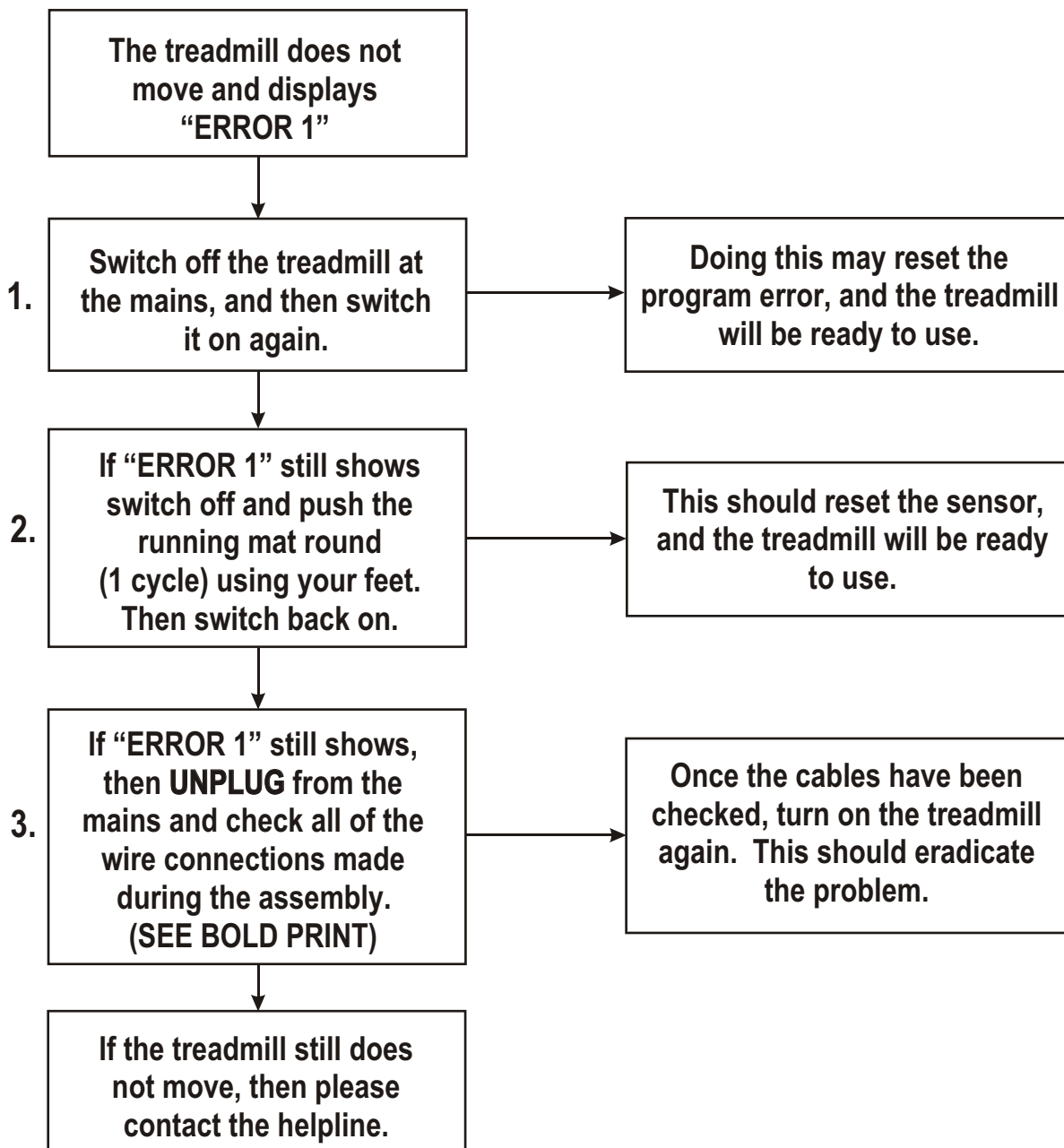
# ERROR 1 CODE

This is a safety feature that can stop the treadmill from functioning. This error can occur because the computer is not receiving the correct information from the speed sensor located near the motor. As a precaution the computer stops the treadmill until it begins to receive the correct feedback.

By performing a few simple checks, the error can be cleared quickly and easily, and the treadmill can be ready for use.

**When assembling, there are several cables that need to be connected. It is very common for these cables to look like they are connected when they are in fact not fully connected.**

**Make sure that these cables are connected as tightly as possible. The connections may have come apart whilst assembling the treadmill.**



# **EXERCISE GUIDE**

## **FITNESS**

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscles use this oxygen to provide enough energy for daily activity.

This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.

This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.

This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.

When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

## **HOW TO IMPROVE YOUR FITNESS**

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.

You can measure your heart rate by taking a pulse reading.

Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.

To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.

The area between these 2 levels is called the target zone.

It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration. Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously, 3-4 times per week.

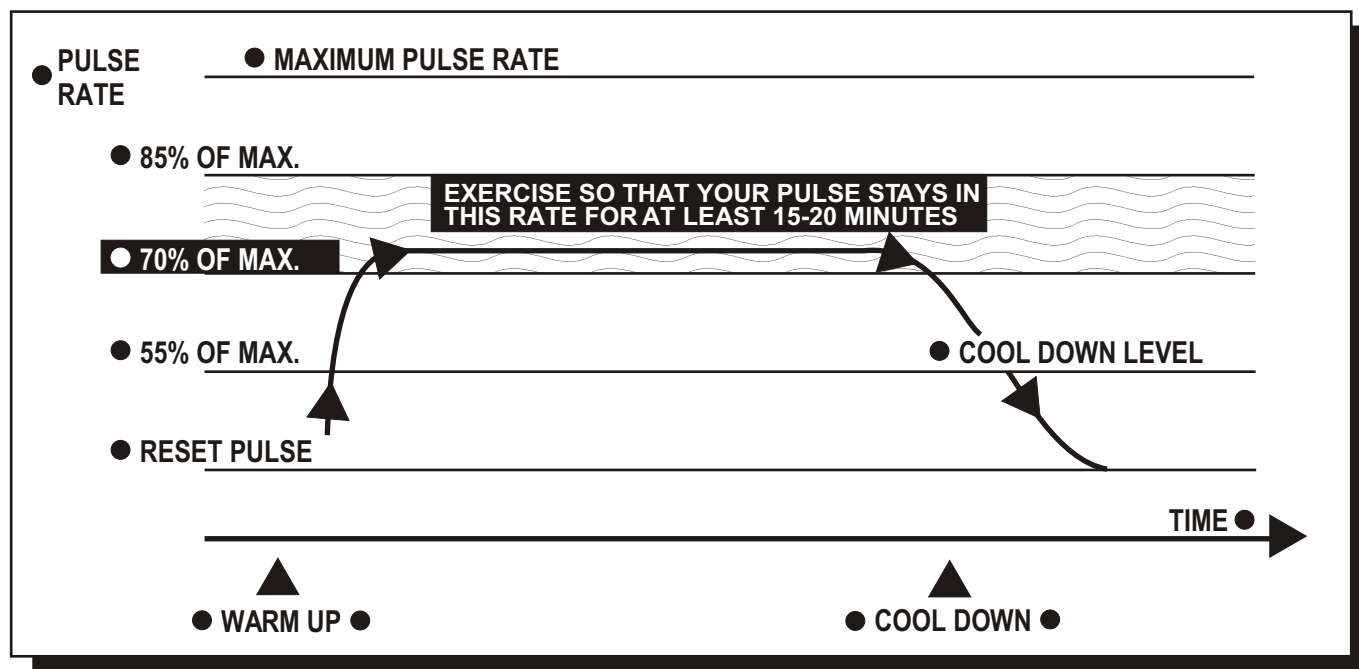
## **CAUTION**

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.

IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

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## TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

## HEART ZONE SELECTION GUIDELINES

In order to set your personal target heart zone, you will need to:

- Calculate your maximum heart rate.
- Select a zone based on your current fitness level.

### Calculating your maximum heart rate

The standard method for calculating heart rate training zone is based on estimating maximum heart rate using the formula 220 minus the persons age in years. Some practitioners believe that a woman estimated maximum heart rate can be calculated more accurately by using 226 instead of 220.

The important issue with all estimating calculations is that in reality they can vary by plus or minus 15 bpm and at best are only an indication of actual results.

$$\text{Estimated Maximum Heart Rate} = 220 - \text{Age (Year)}$$

## SELECTING THE ZONE

If you have not exercised for some time begin your exercise program in the Healthy Heart Zone. Start for the first few weeks, and gradually progress up to the zone that meets your personal fitness goal.

### ZONE 1.- HEALTHY HEART - 50 to 59% of Max Heart Rate.

If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in this zone.

### ZONE 2.- WEIGHT MANAGEMENT - 60 to 69% of Max Heart Rate.

If you already exercise regularly with the aim of losing body fat, exercise in this zone.

### ZONE 3.- AEROBIC - 70 to 79% of Max Heart Rate.

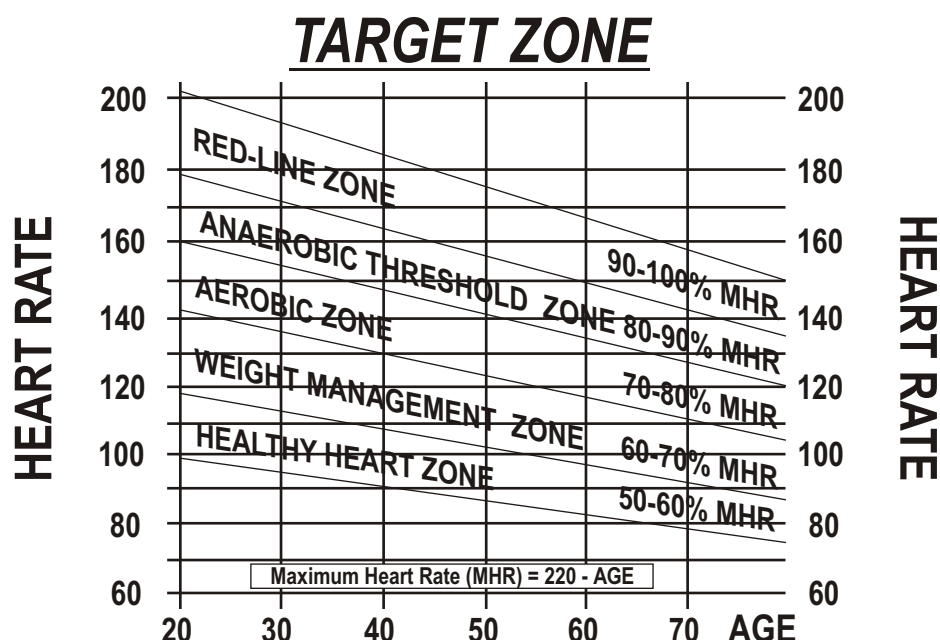
Progress to this zone if your goal is to improve your aerobic conditioning.

### ZONE 4.- ANAEROBIC THRESHOLD - 80 to 89% of Max Heart Rate.

This is the zone in which to improve anaerobic threshold. Exercising in this zone requires a high degree of fitness, and should not be used by those who are unfit.

### ZONE 5.- RED LINE - 90 to 100% of Max Heart Rate.

For professional supervised athletes only.



Percentage of Max Heart Rate (Beats per Minute)						
Max HR	Age	Healthy Heart 50 - 59%	Weight Loss 60 - 69%	Aerobic 70 - 79%	Anaerobic 80 - 89%	Red line 90 - 100%
155	65	78 - 93	94 - 109	110 - 124	125 - 139	140 - 155
160	60	80 - 96	97 - 112	113 - 128	129 - 144	145 - 160
165	55	83 - 99	100 - 116	117 - 132	133 - 148	149 - 165
170	50	85 - 102	103 - 119	120 - 136	137 - 153	154 - 170
175	45	88 - 105	106 - 123	124 - 140	141 - 157	158 - 175
180	40	90 - 108	109 - 126	127 - 144	145 - 162	163 - 180
185	35	93 - 111	112 - 129	130 - 147	148 - 166	167 - 185
190	30	95 - 114	115 - 133	134 - 152	153 - 171	172 - 190
195	25	98 - 117	118 - 137	138 - 156	157 - 175	175 - 195
200	20	100 - 120	121 - 140	141 - 160	161 - 180	181 - 200
205	<18	101 - 121	122 - 141	142 - 162	162 - 182	183 - 205

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## **HOW TO MONITOR YOUR HEART RATE DURING EXERCISE**

Now that you know where your training zone is, you'll have to monitor yourself to be sure you're in it. Here's a simple rule, if you can't hold a conversation without gasping for breath you're probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits - We recommend you check your heart rate periodically throughout your workout. You can use the electronic pulse monitor which will count and display your heart rate for you.

## **CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE**

How hard you exercise affects your pulse rate, it is determined by two things:

- 1. Rate:** How fast you exercise.  
e.g. Speed you cycle, run or step.
- 2. Load:** The resistance against which you exercise.  
e.g. Tension you apply on cycle, step or run up hill.

## **THE PULSE RATE RULES**

If your pulse rate is too low exercise faster or increase load.

If your pulse rate is too high exercise slower or decrease load.

If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.

If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body chance to recover, reduce how often you exercise.

**REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.**

## **HOW LONG TO EXERCISE?**

To qualify as a true aerobic exercise with all the benefits we're mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we're commend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.

You should never feel exhausted during or following exercise.

## **TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS**

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level.

During the first minute of your cool-down phase you will experience a drop in your pulse rate. The bigger the drop in that minute -- the fitter you are.

## **TO CHECK YOUR PROGRESS:**

1. Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.
2. Begin slowing down for the cool down phase.
3. After 60 seconds note the rate again.

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.

Keep a record of the results to help you monitor your progress.

# YORK LIMITED WARRANTY

## WARRANTY ( DOMESTIC )

- YORK BARBELL LTD. warrants the YORK motor to be free from defects in workmanship and material, under normal use and conditions, for a period of 5 years from the date of the original purchase.
- YORK BARBELL LTD. will not be responsible for damages or failures that occur as a result of improper assembly, adjustment or failure to operate the product correctly as detailed in this manual.
- This warranty covers the product for home /domestic use only not commercial and / or rental.
- This warranty does not cover misuse, abuse, freight damage and / or alterations or repairs not made by YORK BARBELL LTD. or a recommended service centre.
- This warranty extends to the original purchaser only and we recommend that the original receipt be kept with the manual.
- In the unlikely event of a problem occurring, please contact your local YORK BARBELL LTD. authorized dealer. Returns will not be accepted without a return authorization by YORK Customer Service Department.

## REGISTRATION

- YORK BARBELL LTD. recommend you complete the warranty card and return it to your authorized local YORK dealer.

## THANK YOU FOR CHOOSING YORK - THE STRONGEST NAME IN FITNESS

<b>U.K.</b>  <b>FITNESS</b> HELP LINE (8:30am- 4:30pm) <b>YORK BARBELL (U.K.) LTD.</b> CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	<b>AUSTRALIA</b>  <b>FITNESS</b> HELP LINE (8:00am- 4:00pm) <b>YORK BARBELL (AUST.) LTD.</b> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: heatheryork@ozemail.com.au	<b>N.Z.</b>  <b>FITNESS</b> HELP LINE (8:30am- 4:30pm) <b>BERNSPORT (1995) LTD.</b> PO BOX 33-973 TAKAPUNA, AUCKLAND NEW ZEALAND. TEL: +64-9-488-4750 FAX: +64-9-488-4759 E-MAIL: luanam@bernsport.co.nz
<b>CANADA</b>  <b>FITNESS</b> HELP LINE (8:30am- 4:30pm) <b>YORK BARBELL CO., LTD.</b> 41450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593 TOLL FREE: 800-361-0448	<b>TAIWAN</b>  <b>FITNESS</b> HELP LINE (9:00am- 6:00pm) <b>YORK FITNESS (TAIWAN) LTD.</b> 4F-3, NO.598, WEN SIN ROAD, SEC. 2, TAICHUNG CITY, TAIWAN TEL: +886-4-2319-3448 FAX: +886-4-2319-3449 E-MAIL: yorktwn@ms25.hinet.net	<b>Authorized Dealer</b>

# **PARTS ORDER FORM**

Enclose a check or money order  
with this form for replacement parts.

Date of purchase .....

Name of location where purchased .....

Model number .....

Last name, First name .....

Telephone number .....

Address..... City..... State..... Zip/Postcode.....

Part No.	Q'ty	Part Description	Unit Price	Total
Total value of order				\$

Send your order to:

**YORK BARBELL (AUST.) LTD.**  
**UNIT 1, LOT 2, SWAFFHAM ROAD,**  
**MINTO N.S.W. 2566**  
**AUSTRALIA**

**YORK BARBELL (U.K.) LTD.**  
**CHURCHILL WAY,**  
**DAVENTRY, NORTHANTS,**  
**ENGLAND, NN11 4YB**